



Measuring Quality of Life in Care Homes

Study Information for Staff

What is this study about?

The Brighton and Sussex Medical School (BSMS), in partnership with Personal Social Services Research Unit (PSSRU) at the University of Kent and the School of Education and Social work at the University of Sussex is conducting a study about the quality of life of care home residents.

We are using the **Adult Social Care Outcomes Toolkit (ASCOT)** to measure care home residents' quality of life. ASCOT has been used in care homes before and was designed specifically to measure the aspects of quality of life most affected by social care. We are interested in finding out how care homes manage pain, anxiety and depression and exploring the impact that this has on resident's quality of life. The research team will be using a version of ASCOT that involves carrying out observations as well as interviews to capture the 'lived experience' of care home residents.

As well as observing and talking to the residents themselves, we will be asking staff and family representatives (where available) to tell us about residents' lives, through interviews and questionnaires. This should give us a full picture of residents' quality of life from different perspectives.

The research team has a lot of experience conducting research in care homes. Their names, photos and contact details are on the back on this sheet. Madeline Naick and Grace Collins will be the main points of contact and will collect most of the research data. Nick Smith and Ann-Marie Towers will also visit some homes.

How are staff involved in this study?

If you are working at the care home during the days we are there carrying out the research, you will probably see a researcher/researchers walking around carrying out observational work. This should not interrupt daily routines as the researcher will work around you as discreetly as possible.

If you are a key worker or a regular carer for a resident who has agreed to take part in the study, we will ask you to complete a questionnaire about that person's health and

care needs and also to take part in a short interview about that resident's quality of life. Here is a summary of what you would be asked to do:

- Fill in a short questionnaire about the resident(s) you care for.
- Be observed during the working day. Observations focus on the residents and last around two hours. They usually take place before, during and just after lunch. Although your personal performance at work is not the focus the study, in looking at the quality of life of residents we will observe how they are supported by staff in the home. We just want you to behave as you normally would at work, ignoring the researcher(s) as much as possible.
- Take part in interviews about the resident(s) you care for.

If you do not wish to be involved in this research, please talk to your manager. This will in no way affect your conditions of employment. If you agree to take part, please fill out the consent form enclosed and give it to your manager.

What will happen with the information?

The information that we collect will be analysed and the results shared with others to increase knowledge, share learning and have an impact on policy and practice. We will do this by:

- Writing a report for the funder of this research.
- Publishing the findings in academic journals.
- Presenting the results at conferences and commissioner and provider events.
- Sharing summaries of the results with the residents, managers, staff and family members that took part in the research.
- Trying to raise awareness of the results by writing blogs, using social media and linking with local organisations working with care homes.

The researchers will not use individuals' names or the name of their care home in any reports of this work. Names and contact details will not be recorded on information collected through observations, interviews and questionnaires, and or on anything we write about the study afterwards. All identifiable information (e.g. contact name and details) will be kept securely in a locked filing cabinet and discarded 3 months after the study ends. The research data (excluding names and contact details) will be retained in an electronic format by the PSSRU at the University of Kent and could be used by the



research team and other researchers in the PSSRU at the University of Kent for other research in the future.

Anonymity will only be waived if someone is at risk from abuse or harm and then we would contact the local authority safe guarding team and possibly the Health and Social Care regulator, the Care Quality Commission (CQC).

Questions about the study

If you have any questions about the study and you would like to speak to a member of the research team please let us know when we visit your home or you can contact us on the details below.

[Research team contact details and photos here]